

Building A Healthy Brain

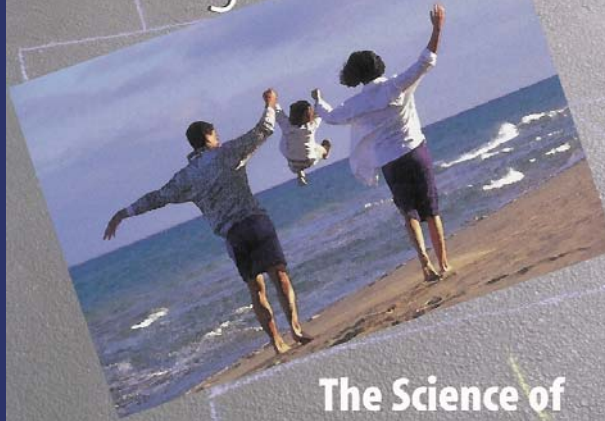
Understanding The Early Years

The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding go out to meet it.

-Thucydides

Executive Summary

From Neurons to Neighborhoods



**The Science of
Early Childhood
Development**

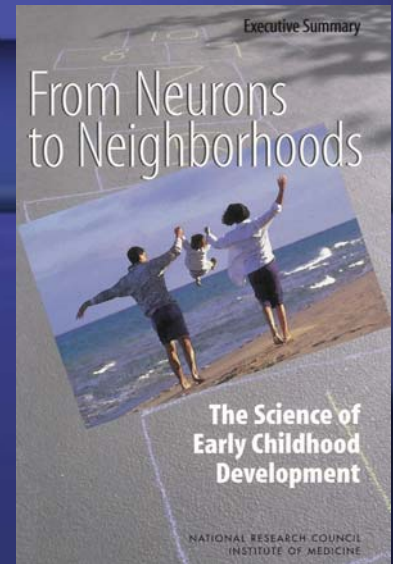
NATIONAL RESEARCH COUNCIL
INSTITUTE OF MEDICINE

Ten Lessons Learned

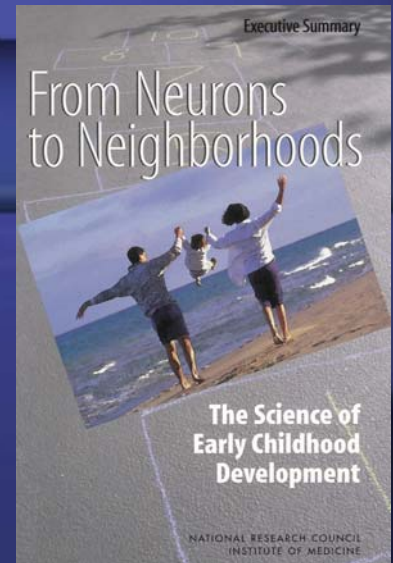
**Neurons To Neighborhoods
National Research Council
Institute of Medicine**

One

Nature and nurture co-interact.



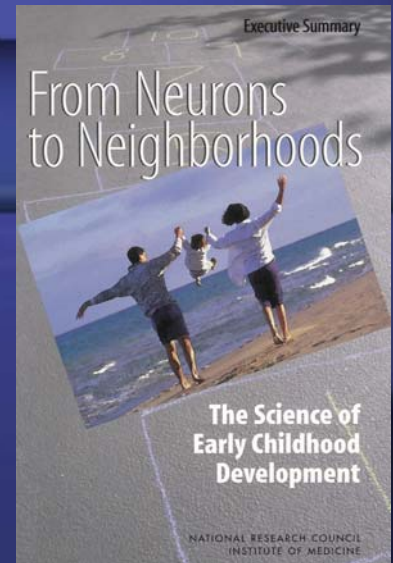
Two



Culture influences parenting practices.

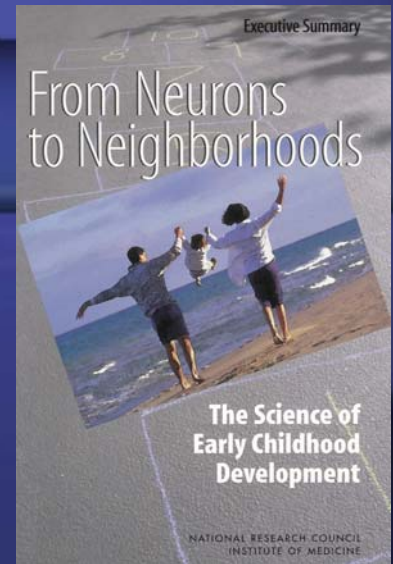
Three

Self-regulation is key to all developmental realms.

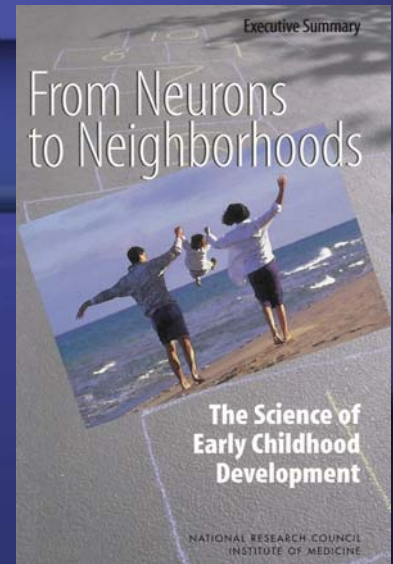


Four

Children are wired to learn.

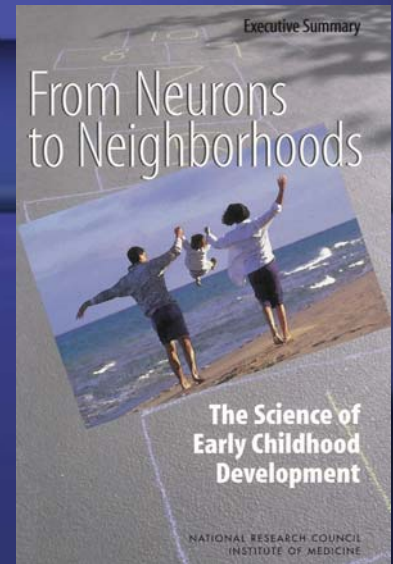


Five



This “wiring” unfolds within a social context where relationships matter.

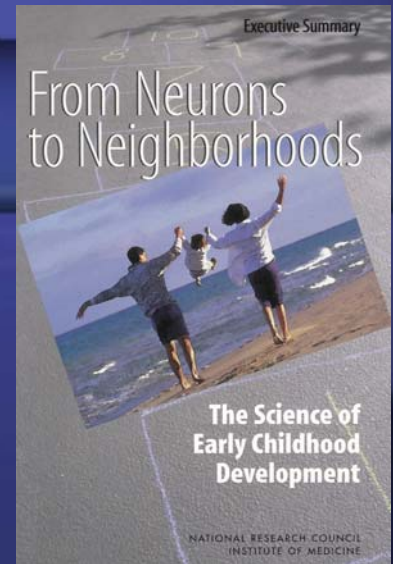
Six



There is a broad range of growth which makes the determination of normal vs. pathological development very difficult to decipher in terms of early intervention.

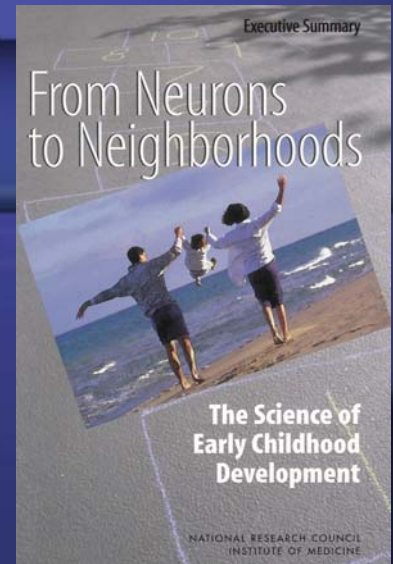
Seven

Child development flows along individual pathways in “fits and starts” with significant transitions.



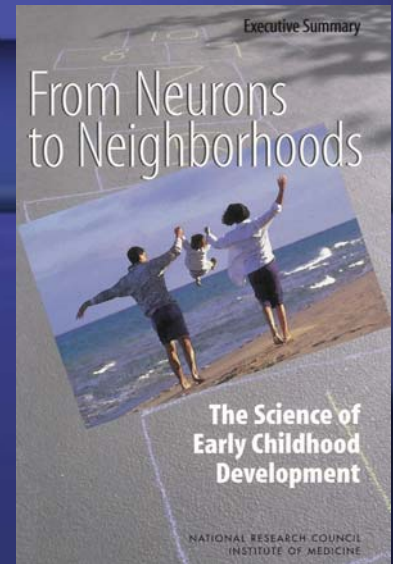
Eight

Development is shaped by interplay of vulnerability and resiliency.

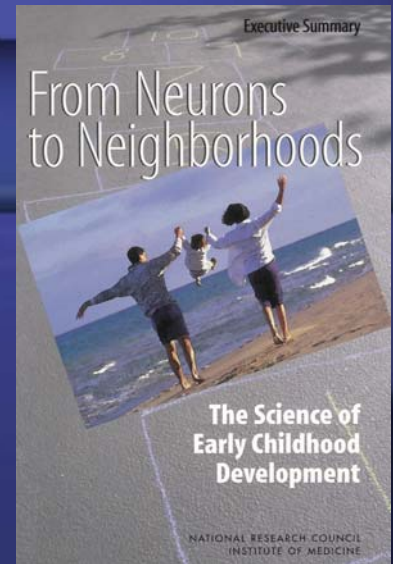


Nine

Timing of environmental variables matters. Children are open to both risks and protective influences.



Ten



The course of development can be altered in early childhood by effective interventions that change the balance between risk and protective factors.

Organization of the Workshops

